

April 12

Psalm 123

“The 123-God’s-Way
from Depression”



¹ Unto thee lift I up mine eyes,
O thou that dwellest in the
heavens. ² Behold, as the eyes
of servants look unto the hand
of their masters, and as the
eyes of a maiden unto the hand
of her mistress; so our eyes wait
upon the LORD our God, until
that he have mercy upon us.

³ Have mercy upon us, O LORD,
have mercy upon us: for we are
exceedingly filled with contempt.

⁴ Our soul is exceedingly filled
with the scorning of those that
are at ease, and with the
contempt of the proud.

Have you ever been
in a state of
long-lasting depression
or oppression?

This is a prayer from
people who
experienced being put
down, rejected,
mocked, and scorned—
systematically.

They spoke to the One
who lives “in the heavens”.

They acknowledged absolute dependence on God, though they were under the control and power of human rulers.

They stated they were waiting for God to show mercy and they pled for mercy.

They told God about their deepest emotional pain in saying, “we are

exceedingly filled with
contempt”.

God's own people were
expressing how they were
being very badly treated
and how that affected their
very souls. They were
being grievously scorned
and treated
contemptuously by
people who were

living comfortably,
proudly, and lavishly—
the so-called “privileged”
of their time and
culture.

Psalm 123 is a good
1-2-3-Step Method
for dealing with
misery of any kind,
during any time:

1 Call on Heavenly

Father. Spiritually look upward in faith and expectation.

2 Acknowledge your dependence on God and seek His mercy.

3 Tell God what's really happening. Completely and genuinely share with the Most High all you

are going through.

Express your true
feelings without fear
or embarrassment.

No one, not even
Scriptures, can say it's a
full-on depression-be-
gone, but it can't hurt to
try this 123-God's-Way
Away from Depression.